



# The Kentucky Laboratory Sentinel

February 2004

## Shipper's Declarations

Shippers declarations, can be downloaded from the Saf-T-Pak or FedEx website. Printing from these websites require a color printer.

### [www.saftpak.com](http://www.saftpak.com)

- ♥ Online forms
- ♥ Create user ID
- ♥ Select form you need to use
- ♥ Fill out your form and print

The Saf-T-Pak format was very easy to follow and fill out. If you need to send infectious, I would recommend using this website.

### [www.fedex.com](http://www.fedex.com)

- ♥ Express
- ♥ There is a section on the left that you will need to click the word services
- ♥ Additional Services
- ♥ Dangerous goods
- ♥ Declaration Forms

The complete address for FedEx is:  
[www.fedex.com/us/services/express/addservopt/dangerousgoods/declarationforms.html](http://www.fedex.com/us/services/express/addservopt/dangerousgoods/declarationforms.html)

\*If you only have a black and white printer and need FedEx forms, they can be contacted at 1-800-Go-FedEX. Saf-T-Pak forms can be pur-

Sash too high, objects on grill, objects pushed to the front of the BSC

No gloves, NEVER sniff plates



February is Heart month. Park a little farther in the parking lot or skip that cupcake. Make your heart Happy! Comments or suggestions for communications, email [leighann.bates@ky.gov](mailto:leighann.bates@ky.gov)

## Love Bug's

You are going to love it! For those participating in the CAP Laboratory Preparedness Survey(LPS), it was released February 9th. Labs not participating this year, we hope you get on board for 2005.

We appreciate all of those participating. This is a great tool for us to assess what type of training we need to plan for next year.

We look forward to hearing your comments about the LPS.

## Lab Lotion #9

Dry cracked hands? Tips to softer hands include:

- ♥ Using non soap cleansers
- ♥ Using a moisturizer that is dipped from a jar instead of a squirt bottle. (Jar products are usually wax or paraffin based.)
- ♥ While working in the lab, generously lotion hands before putting on gloves

## Epi Tracks

We are asking that clinical labs please send *Neisseria meningitidis* and *Listeria monocytogenes* specimens to the State Public Health Lab. The *Neisseria* specimens will be grouped and the *Listeria* is needed for tracking outbreaks.

No gloves, mouth pipetting is a big NO in the lab

Answers to January's safety pictures in the pink hearts!